



# Summer Learning Journey for GCSE PE

How does this unit link to prior learning?

You will be applying various aspects taught in Paper 1, e.g components of fitness, movement at a joint, planes and axis of movement, Training Principles and SMART Targets.

We will break each section down into manageable chunks. There are 5 sections in total.

20 Marks are available for this section

What will you be learning about?

You will be completing your Coursework element of GCSE PE, which is 10% of your overall grade, or your '4th practical activity'. You will be required to review the components of fitness required to be successful in a chosen sport and complete movement analysis for the different skills. Finally, you will be required to complete a training programme to bring about improvement

We will develop our learning each week by focusing on:

<b>1.</b> AEP Introduction Explanation of the requirements of AEP and comparing/ grading WAGOLL and WABOLL	<b>RAG</b>	<b>5.</b> Evaluation write up Begin write up of evaluation of a performer in your chosen sport	<b>RAG</b>
<b>2.</b> Analysis Research the different components of fitness required for chosen sport		<b>6.</b> Evaluation write up Continue writing up evaluation of a performer in your chosen sport	
<b>3.</b> Analysis write up Begin writing up analysis of the different components of fitness required for a chosen sport		<b>7.</b> Feedback and CTG Respond to feedback and make amendments to work	
<b>4.</b> Analysis write up Continue writing up analysis of the different components of fitness required for a chosen sport		<b>7.</b> Feedback and CTG Respond to feedback and make amendments to work	

### Key Vocabulary

Justify	Analysis	Performance	Cardiovascular endurance	Muscular endurance	Balance	Body composition
Strength	Speed	Flexibility	Power	Coordination	Coordination	

How will this help you in the future?

<b>KS4</b>	<b>Beyond LHS</b>
Will help you build towards your overall GCSE PE grade, 'banking' marks before you sit you Paper 1 and Paper 2 in May/ June 2027	<p><b>Producing written reports within a specific timeframe, which is required for numerous jobs.</b></p> <p><b>Overview of components of fitness and outlining level of importance if good for those wishing to enter the fitness training sector</b></p>